

*Westport Center for*  
**Senior Activities**

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**HAPPY THANKSGIVING!**



**The Westport Center for Senior Activities will be CLOSED on Thursday, November 25 and Friday, November 26 for the Thanksgiving holiday. Staff will be in the office on Monday, November 29 from 8:30 AM to 4:30 PM and classes will take place as scheduled. We wish all our seniors, friends, and their families a safe and enjoyable Thanksgiving holiday weekend!**

**NEWS AND UPDATES FROM THE  
WESTPORT CENTER FOR SENIOR ACTIVITIES**

*Dear Friends and Participants:*

*I want to extend my congratulations to newly elected First Selectwoman Jennifer Tooker and Second Selectwoman Andrea Moore. The Westport Center for Senior Activities looks forward to inviting and welcoming both to our wonderful facility and to working with them over the next four years. Good luck!*

*As we come upon the Thanksgiving holiday, I want to thank everyone for being so kind and considerate of one another while participating in programs at the WCSA over these past few months. Everyone has been so respectful of one another's concerns and of making sure everyone is socially distanced and feeling comfortable. The result has been a very safe and organized re-opening of this amazing facility and I am most appreciative. A heartfelt thank you to all!*

*The WCSA will be hosting a Thanksgiving luncheon on Wednesday,*

November 24. Reservations are required and can be made at [MyActiveCenter.com](http://MyActiveCenter.com). The WCSA will be closed on Thursday and Friday for the Thanksgiving holiday.

*Wishing you and yours a lovely Thanksgiving Day holiday,*

***Sue***

*Sue Pfister, Director and the entire WCSA team*



## UPDATE FROM GOVERNOR LAMONT



Please click [here](#) to read the most recent press release from Governor Ned Lamont regarding the State of Connecticut's Coronavirus Response Efforts.

## NEWS FROM SUE'S CAFE



### **Sue's Café Now Open for Lunch Five Days a Week!**

Good news! The Café is now serving lunch Monday through Friday. **Please make lunch reservations at least 24 hours in advance by calling the WCSA at 203-341-5099. Lunch is served at Noon.** Lunch includes soup, entrée, beverage and dessert. The café offers an alternate entrée of either a chef salad or cheese omelet daily. Alternate entrees must be ordered at the time of your reservation. Suggested donation is \$5.00 - \$7.00 for seniors, age 60+. Caregivers and guests under age 60 are required to pay the full cost of the meal, which is \$10.00. **For the November lunch menu, please click [here](#). To view the December lunch menu, please click [here](#).**

# Volunteers Needed!



Now that the WCSA will serve meals in Sue's Cafe Monday through Friday starting November 1, Program Nutrition Coordinator, Paulina Przybysz is looking to recruit additional volunteers to help serve during the hours of 11:30 AM – 1:00 PM. As a volunteer, you will help set tables, serve food, clear and wipe down tables. It is a great way to get involved and be active within your community. Training and food safety protocols will be covered by staff.

Starting December 1, Home Delivered Meals will be reinstated Monday through Friday. Additional volunteer drivers will also be needed for this program. The hours for deliveries are between 10:00 AM to Noon. You will be given a route of five to seven stops in close proximity, that take approximately one hour to complete. If you are interested in either or both programs, please reach out to Paulina Przybysz by email at: [pprzybysz@westportct.gov](mailto:pprzybysz@westportct.gov) or by calling 203-341-5097. Thank you!

## WINTER 2022 SEMESTER CLASSES AT THE WCSA

The calendar of events for the Winter, 2022 semester is available in the link below, on our website and at the WCSA! **Please note: Registration for the Winter semester will begin December 6 for Westport residents and December 13 for out-of-town residents.**

Check out our [Winter 2022 Calendar of Events](#), [Winter 2022 Class List](#), [Fall Calendar of Events for 2021](#), [our Fall 2021 Class List](#), the [2022 Fitness Waiver](#), and other helpful documents and information here and on the [WCSA website](#).



For step-by-step instructions on how to register on MyActiveCenter, please click [here](#).

## SPECIAL PROGRAMMING AT THE WCSA



**Our program staff has developed new monthly flyers for our special programs!** The November and December flyers feature up to date information on a variety of discussion groups, history lectures, culinary demonstrations, nutrition information, hearing and blood pressure screenings, writing classes, and more! To view the November flyer, please click [here](#). You may view the December flyer by clicking [here](#). The monthly flyers can also be found on our WCSA [website](#).

## WCSA RECURRING PROGRAMS AND FEATURES



### **Exercise with Patty Kondub on TV Channel 79 Every Friday!**

Join Patty on Westport Public Access TV Channel 79 (Optimum) and Channel 6020 (Frontier) for a workout to music with chair and standing exercises, balance, brain building, memory games and posture exercises. Weights or cans and a pillow may be required. **Fridays from 10:00 to 11:00 AM. Cost: Free.**



**This week, to celebrate Broadway's re-opening, Patty will do a Broadway themed fitness routine.**

**On November 26, Patty will kickoff the holiday season with "Holidays with Henry", everyone's favorite canine costar!**

Note: Westport Public TV Access Channel 79 broadcasts to Westport households only. Out of town seniors can watch Patty's program on the Westport town [website](#) on Fridays at 10:00 AM.

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**November Documentaries Will Be Shown Every Wednesday at the WCSA!**

**November 24: "America's Castles: The**





## Heiresses"

Their names adorn buildings, concert halls and some of America's most recognizable companies. They were the heiresses who inherited the wealth of some of America's richest families, and the homes they built celebrated their place in society. Get an up-close look at the homes of some of the wealthiest women in American history. (57 min.)



**Wednesday, November 24. Time: 2:30 PM.** For more information on this and the other November documentaries, click [here](#).

## UPCOMING PROGRAMS



### Medicare Part D Open Enrollment

CHOICES certified counselors will be available to help you review your current coverage and to see if you are in the plan that best fits your needs in 2022. **Medicare's Annual Enrollment Period for Part D and Medicare Advantage Plans ends on Tuesday, December 7th.** Everyone should evaluate their coverage to make sure they are in the best plan for the New Year. Please have your Medicare Card, your Medicare.gov account ID and password, your current Part D plan card and a list of all current prescriptions, including quantity and dosage information ready for your appointment. For more information visit the Medicare.gov website at: <https://www.medicare.gov/sign-up-change-plans/joining-a-health-or-drug-plan>. We have **three volunteers who will schedule in-house or virtual appointments. Please call 203-341-5099 to schedule an appointment.**

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**Finding the Right Words and Writing About Difficult Topics**



For writers of difficult topics, this might be an emotional landmine, but perhaps it's also the hidden heart of your piece waiting to be revealed. How do we write about difficult subjects? How do you write about illnesses within your body, that no one else can feel? How do we give voice to the forces which threaten our bodies? How do we find language to make someone feel what only we feel? Dustin Lowman will teach you the tools you need to write about difficult subjects. **Tuesday November 30.**

**Time: 1:30 to 3:00 PM. Pre-register online at [MyActiveCenter.com](http://MyActiveCenter.com).**

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### WCSA Thanksgiving Luncheon

The WCSA is happy to host its annual Thanksgiving Luncheon on **Wednesday, November 24**. The menu includes: Corn Chowder, Roast Turkey w/Cranberry Sauce, Stuffing, Sweet Potatoes, Vegetable Casserole and Pumpkin Pie. Space is limited. **Please pre-register no later than Friday, November 19!** Pre-register online at [MyActiveCenter.com](http://MyActiveCenter.com) or call the WCSA at 203-341-5099. **First Seating: 11:30 AM to 12:30 PM. Second Seating 1:00 to 2:00 PM.** Please select the time you desire when registering. Each time slot will be capped at 40 persons. Suggested donation of \$5.00 to \$7.00.

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### WCSA Hanukkah Luncheon

Celebrate the Festival of Lights at the WCSA and enjoy our holiday lunch on **Wednesday, December 1**. The menu includes beef brisket, roasted carrots, potato pancakes and noodle kugel for dessert. **First Seating: 11:30 AM to 12:30 PM. Second Seating 1:00 to 2:00 PM.** Please select the time you desire when registering. Each time slot will be capped at 40 people. Please pre-register no later than **Monday, November 29!** Pre-register online at [MyActiveCenter.com](http://MyActiveCenter.com) or call the WCSA at 203-341-5099. Suggested donation of \$5.00 to \$7.00.



## Letting Go of Stress and Tension

Letting Go of Stress and Tension is a class with Deirdre Ekholdt, LCSW. Stress and tension take a toll on the body and mind, but you can learn to let go and relax. In this class you will be guided through proven stress techniques including mindfulness, breathing and guided imagery to experience a state of deep relaxation.

**Wednesday, December 1 from 1:30 to 2:30 PM**  
**at the WCSA. Pre-register online at**  
[MyActiveCenter.com](https://www.MyActiveCenter.com).



## Just for Women With Channe Fodeman

This women's group will be an open forum for discussion. This group will meet twice a month. Personal stories shared within the group will remain strictly confidential. Facilitator: Channe Fodeman is a clinical social worker with over 46 years of experience in the field. The next session for this group will be **Thursday, December 2 from 3:30 to 4:15 PM**. Pre-registration is required online at [MyActiveCenter.com](https://www.MyActiveCenter.com). This program will be on Zoom and the link will be emailed prior to class.



## Writing Snippets & Snapshots – One Day Writing Workshop

“The fabric of our lives” may be a cliché tag line from the cotton industry, but it rings true. Life is made up of threads woven together - snapshot moments that go together to make up the bigger picture of who we are. In this class, we examine those moments through writing. We will discuss how and why to write about our lives, moment by moment, and then do it! Instructor: Westport’s Poet Laureate Diane Lowman. **Friday, December 3. This is a full-day workshop from 10:30 AM to 3:00 PM, with a break from Noon to 1:00 PM**. Pre-register online at [MyActiveCenter.com](https://www.MyActiveCenter.com). Limit: 12. Cost: \$8.00



## Royal History Lecture with Dr. Mona Garcia - Romanov Sisters-in-Law

Please join us for a two-part presentation on two royal women. Princess Dagmar of Denmark married the heir to the Russian throne and during that time became Empress Marie Feodorovna. Grand Duchess Olga of Russia married King George I of Greece, the brother of Princess Dagmar, and became Queen Olga of Greece. Grand Duchess Olga was the grandmother of Prince Phillip, the Duke of Edinburgh. One woman was a Romanov by marriage, the other woman was a Romanov by birth. Dr. Garcia taught European history at the college level and was on staff at the Fairfield Public Library. **Monday, December 6 and 13. Time: 1:30 to 2:30 PM. Pre-register online at [MyActiveCenter.com](http://MyActiveCenter.com).**

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## Nutrition Information Booth – Gastrointestinal Health

Our Nutrition Coordinator, Paulina Przybysz, will be in the lobby with information on gastrointestinal health. The quality and quantity of food you consume is fundamental to your health and wellness. Paulina will have information about prebiotics, probiotics and digestive health tips. **Tuesday, December 7. Time: 10:15 to 11:45 AM.**

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## Friday Tech Club

Are you confused about your tech device? Our Tech volunteers will assist with your computer tech questions such as signing in, password re-set, downloading and uploading files. **Volunteers are available for half-hour appointments on Friday's from 3:15 to 4:15 PM. For an appointment, please call the WCSA at 203-341-5099. These are NOT walk-in classes.**

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**New Programs On The WCSA YouTube Channel!**





Check out some of our most recent programs on our YouTube Channel, including Christine Hauck's Decorative Arts Lecture on Vera textiles, "Vaccines A to Z" with Gregory Buller, MD, Cooking Demo with Nutrition Coordinator Paulina Przybysz, Lisa Arnold's presentation on artists Alice Neel and Grant Wood, Westport Museum of History and Culture's "Antique Treasures," Earthplace's Critter Encounter and Holly Betts' Baking Demonstrations. To enjoy these videos, please click [here](#).

## COMMUNITY RESOURCES



### **Westport's Holiday Program Seeks Donations**

Human Services Director Elaine Daignault announced that the Department of Human Services will again sponsor its annual Holiday Giving Program for Westport residents. Ms. Daignault said, "The Human Services' annual Holiday Program brings holiday cheer to local friends and neighbors facing financial hardship. The annual program is funded entirely by community donations and assists over 100 income-qualified Westport households with school-aged children." Westport residents and organizations who wish to donate cash, checks, or gift cards to the program may click [here](#) to donate. Contributions can be mailed to Westport Department of Human Services at Town Hall, 110 Myrtle Avenue, Westport, CT 06880.



### **"Hello Neighbor" - Connecting Neighbors Across Westport**

"Hello Neighbor" is a town of Westport program connecting community members to one another through simple phone calls and contactless grocery assistance for seniors! The program encourages connection and combats loneliness as individuals of all ages and stages create a network of social phone calls offering a warm connection between caring neighbors. In addition, Westport seniors wishing for assistance with basic grocery runs have a reliable and safe delivery option with a caring neighbor's help. No

apps or membership fees, just simple acts of kindness to help when needed! Volunteer shoppers undergo a background check before being matched with a screened senior resident requesting assistance. For more information on the Hello Neighbor Program, please click [here](#).

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### Transportation Options for Seniors

The staff at the WCSA has received several questions concerning public transportation for Westport residents. Westport has three public transportation options: Door to Door & Town to Town Westport, Wheels to U and the Coastal Link bus. For additional information on transportation options, please click [here](#).

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### Human Services Announces CT Winter Energy Assistance Program

The Town of Westport Department of Human Services (DHS) encourages income-eligible residents to apply for Connecticut's federally-funded Energy Assistance Program (CEAP). Contactless applications for home heating assistance will become available **starting October 1, 2021 and run through April 30, 2022**. The Energy Assistance Program helps low-income households pay their winter heating bills. Individuals and families qualify for CEAP based on their gross annual income and household size. Income-qualified households with previous CEAP applications on file will receive mailed application instructions in the coming weeks. New residents may contact Human Services for application information at (203) 341-1050 or email [humansrv@westportct.gov](mailto:humansrv@westportct.gov). For more information on this program, click [here](#).

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### AAA's **FREE** Driving Improvement Classes are Back!

Tuesdays through December 2021, AAA will be offering its **FREE** 4-hour classes **VIRTUALLY** to drivers 60 years of age and older, who need to

obtain a certificate for up to 5% off on a portion of their insurance premiums. Classes are open to AAA members and non-members. For more information on this program, please click [here](#). To register for this class, please click into their Defensive Driving registration page [here](#), click on the drop down menu for Your Home State, then click "**Connecticut Virtual**" for both the state and county, then click on the **red** "See Classes" box on the right which will show you the available dates and times to schedule your free class. Choose a date and hit "next" to complete your registration.